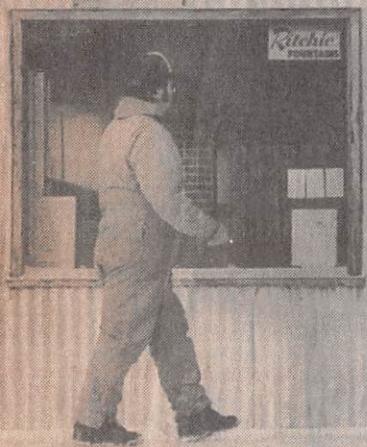
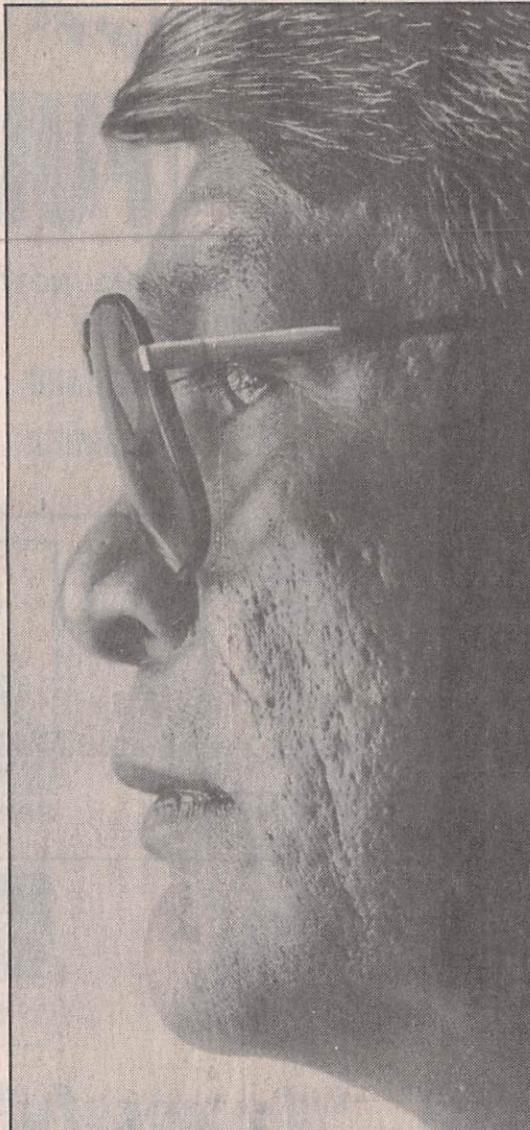


ROSS BROS. FEED AND SEED



Myton isn't thriving, but Ross Bros. Feed and Seed still calls it home.



Boyd Lemon's fourth-grade class pledges allegiance to the flag, above. Wilford Conetah, left, is the first Native American to be elected to the Myton City Council and also is a Ute tribal leader.

PHOTOGRAPHY/ GARY McKELLAR

from osteoporosis. It is called compression fracture. However, although only one section may collapse at a time, the neighboring ones can be in line for the same fate. Replacing the single section would not help the others. It would be an exercise in utility.

The pain from collapsed vertebrae is severe. Muscles are thrown out of line and nerves are squeezed. However, in time the fracture does heal and pain becomes less. There are things to do to tide you over these difficult months.

You may need some bed rest. The most comfortable lying position is one that helps align the spine. Try a thin pillow under your head and a firm one propped under bent knees. Caution: Don't overdo bed rest, for that can make osteoporosis worse. Heat packs will help ease pain.

As for walking, you may need a corset-type brace. Although it may be more expensive, you should try to get one fitted to your shape and size. Again, back bracing is a temporary aid.

The moral to be drawn from your letter is that the threat of osteoporosis warrants pulling out all the pre-

is a timely question. Too many skiers who ski at high-altitude resorts, even in midwinter, fail to understand this basic fact. You are more likely to get a severe sunburn at high altitude than when closer to sea level.

QUESTION: In your discussion of aspergillus infection, you didn't say whether one gets this from exposure to someone who has it. Do you? — J.M.

ANSWER: Aspergillus is a fungal infection, and is not spread from any contact with the infected person. It is not contagious, the way TB, for example, is. As I noted, this is an organism widespread in nature, posing problems for selected persons mainly, such as farmers, who may be exposed to large amounts on a continuing basis. But I repeat, it is not spread from one person to another.

You can beat headaches. Send for a copy of Dr. Donohue's booklet No. 15, "How to Tame Headaches." Send your request to Dr. Donohue/No. 15, P.O. Box 19660, Irvine, CA 92713-0660. Enclose a long, self-addressed, stamped envelope and \$1.

Dr. Donohue welcomes reader mail but regrets that, due to the tremendous volume received daily, he is unable to answer individual letters. Readers' questions are incorporated in his column whenever possible.

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Leg cramps may need medical attention

NEW YORK (AP) — More than 3 million Americans, generally over the age of 50, suffer from peripheral arterial disease, a circulatory condition marked by an ache, pain or cramping in the legs, calves and lower torso.

Dr. Charles Kilo, chairman of a National Council on the Aging committee researching the disorder, says

walking and abates after rest, it is seldom discussed with a personal physician. However, he warns that left untreated it can lead to more serious complications.

A key to fighting the disorder is early detection and treatment that includes exercise, proper diet, managing other medical problems and taking medication to improve



DIANE BRANDON
LOST 59 LBS.



KAREN CHADWICK
LOST 40 LBS.



DOT MAHONEY
LOST 77 LBS.

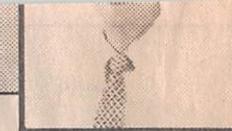
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